



News Release

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Dunbar Borough Elementary School was awarded a grant through the Highmark Healthy High 5 School Challenge.

Connellsville, PA, (August, 2011) – Dunbar Borough Elementary School has been awarded a Highmark Healthy High 5 School Challenge grant of \$9,964.00 to implement a variety health and physical education programs and initiatives that will provide students with enhanced fitness education. With rates of childhood obesity on the rise, this grant will support Dunbar Borough's efforts to help students adopt healthy behaviors that will stay with them for a lifetime.

The Dunbar Borough Elementary School plans to use the grant money awarded by the Highmark Healthy High 5 School Challenge to further improve the physical education of the students within our building. The money will be put towards purchasing equipment to be used in conjunction with the physical education classes.

Since 2007, the Highmark Foundation, through the Highmark Healthy High 5 School Challenge, has awarded more than \$8 million to over 945 grants to schools in 49 counties across Pennsylvania for programs that provide nutrition education, enhance nutrition choices and increase opportunities for physical activity.

"Physical activity and nutrition play a critical role in reducing childhood obesity," said Yvonne Cook, president of the Highmark Foundation. "With this grant, Dunbar Borough Elementary will have additional resources available to educate students—and their parents—on simple lifestyle changes that can be made to improve the health and wellbeing of our children."

About Highmark Healthy High 5

Focused on children's health promotion, Highmark Healthy High 5 is an initiative of the Highmark Foundation designed to improve the health of children and adolescents, ages 6-18 by providing them with the tools and practices needed to make informed decisions about living healthier lives. Through a five-year \$100 million commitment launched in 2006, Highmark Healthy High 5 addresses five critical issues – nutrition, physical activity, grieving, self-esteem, and bullying prevention – by working with educators, parents and nonprofit leaders to reach children and adolescents at school, home and within their communities. More information can be found at www.highmarkhealthyhigh5.org or by calling 800-789-1726.

